



## The WELLesley Employee

### Taking Charge

#### ONLINE SEMINAR

Proactively boost your health and mental wellbeing. Establish healthy habits early, prevent crises, and take control of your wellness journey.

*Happy Holidays Start with Safety!*

### Top Tips for Celebrating Safely this Holiday Season



### LET US HELP

Visit your home page starting December 16th

**WEBSITE:** [www.cmgassociates.com](http://www.cmgassociates.com)

**PASSWORD:** WELL

United States  
Consumer Product Safety Commission

CPSC.gov  
USCPSC  
NSN  
NSN-02-112024



**DECEMBER WELLNESS:  
HEALTHY HOLIDAYS**





[Click to see MIIA Training Calendar](#)

Did you know that you have access to recorded trainings on a variety of topics through MIIA? If you don't already have a login, you can register here using your Wellesley email: <https://www.emiia.org/join>

MIIA's New E-learning Center provides quality training to meet annual requirements and tracks compliance for organization members at no cost to you. Train anytime, anywhere with our vast online library that includes more than 3,000 diverse courses and videos. For instructions on how to register, [click here](#).

Do you have an event or training that you would like to make available to all employees? Please contact Jen Glover [jglover@wellesleyma.gov](mailto:jglover@wellesleyma.gov)



## Living Well at Home with virtual wellness classes

Our well-being programs are here for you when you need them the most.

Click the picture above for FREE, at home activities! ALL employees are welcome to participate, you do not have to be a member of HPHC.



### MONTHLY ACTION ITEM

Submit a claim for your fitness reimbursement through your medical insurance!

[BCBS Fitness Reimbursement Form](#) [BCBS Weight Loss Reimbursement Form](#) [HPHC Fitness Reimbursement](#)



DECEMBER 2025

### Creating Healthy Habits

When you are proactive with your wellbeing, it means taking steps to improve your physical and mental health - before you have an issue. We can support you while creating or maintaining healthy habits.

#### LET US HELP

TOLL-FREE: 833-549-3277

WEBSITE: [www.cmgaassociates.com](http://www.cmgaassociates.com)

PASSWORD: WELL



YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**Even Blitzen  
knows not to  
drive blitzed.**



**Exclusive Membership  
Discount for Town Of  
Wellesley Full-Time  
Employees!**



[Click here for  
more information](#)

[CLICK HERE FOR YOUR EMPLOYEE ASSISTANCE PROGRAMS](#)